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INDUSTRIAL NUTRITION SERVICE

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U. S. DEPARTMENT OF AGRICULTURE

For employee publications, and individuals
and groups promoting nutrition education

WAR FOOD ADMINISTRATION

(USDA) Office of Supply

Midwest Region, 5 South Wabash Avenue, Chicago 3, Illinois

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FOR JULY-IT'S A SALAD

Cool, crisp, colorful salads will become the food of the month in many industrial plants. They are the best offensive against jaded, midsummer appetites, because they can be so refreshing and appetizing, so tempting to the eye and palate.

Salads are becoming increasingly popular with industrial workers. Now they should be liberally used because many salad foods are in abundant supply. Cabbage, carrots, and tomatoes will be plentiful during July. Leaf lettuce, spinach, cucumbers, and green onions will be plentiful in most areas.

Salads help stretch ration points...

There is no need to ration salads. Furthermore, they may be used as a means of extending other foods that are in short supply. Ham, chicken, canned fish, and other scarce foods will go farther when they are combined in a salad plate with cabbage, celery, tomatoes, green peppers. Help to make your plant's ration points go farther by choosing a cool, crisp vegetable or fruit salad or an appetizing salad plate with your meals at the plant.

Salads are good for you...

Fresh fruit or vegetable salads pack a whale of a punch when it comes to the vitamins which are often lacking in our meals--vitamins A and C. Tomatoes are at the "head of the class" of all the salad vegetables in these vitamins. Carrots, like tomatoes, add color as well as food value to the raw vegetable salad. Greens--leaf lettuce, endive, chicory, watercress, spinach, and green peppers--are rich in vitamins. Translated into food value, a large bowl of salad greens provides the health protective vitamins A and C.

Among the fruits, citrus fruits, strawberries, cantaloups, honeydew melons, pineapples, apricots, and peaches make delicious, vitamin-rich salads. Peaches are in season during July. Get a liberal amount of health-giving vitamins A and C while these fruits are in season.

Choose a salad lunch...

If you would perk up your flagging appetite during the midsummer months, pick

a crisp, colorful salad at your cafeteria counter. Choose a fruit or vegetable salad accompanying your main dish, or choose a cold plate which may be used in place of an entree. A satisfying, nutritious lunch may be selected around the cold plate by adding enriched bread or rolls, a beverage, and dessert.

Choose a substantial salad lunch at the plant cafeteria by following any one of the menu patterns given below. Each menu pattern is illustrated by a sample menu which shows how to select a lunch which will be delicious, nutritious, and satisfying.

Menu Pattern

Sample Menu

- | | |
|-------------------------------------------------------|--------------------------------|
| 1. Soup (cream soup, chowder, split pea or bean soup) | 1. Vegetable chowder |
| Salad | Stuffed egg salad |
| Bread and butter | Whole-wheat rolls with butter |
| Dessert | Peach cobbler |
| Beverage | Beverage |
| 2. Citrus fruit or tomato juice | 2. Tomato juice |
| Salad | Ham salad |
| Sandwiches | Peanut butter sandwiches |
| Dessert | Baked custard |
| Beverage | Beverage |
| 3. Salad | 3. Tuna fish salad |
| Potatoes | Baked potato |
| Green or yellow vegetable | Summer squash |
| Bread and butter | Whole-wheat bread and butter |
| Dessert | Cherry pie |
| Milk | Milk |
| 4. Cold plate | 4. Cold Plate: |
| Bread and butter | Sliced luncheon meat |
| Dessert | Cabbage and green pepper salad |
| Milk | Potato salad |
| | Biscuits with butter |
| | Chocolate pudding |
| | Milk ... |

FOOD FOR THOUGHT

In a brightly lighted, refrigerated glass show cabinet beside the time clock in the plant of the Northern Pump Company at Minneapolis, Minnesota, the company's cafeteria manager displays an attractive, well-balanced meal, made up of selections from the day's offerings on the cafeteria service table.

The display shows what is in store for the employee at the end of an active four-hour shift at the machines. For the food-minded worker it offers a pleasant thought to carry away to bench or lathe.

The display goes a step farther. When the day's main dish is a stew, or creamed chicken, or some similar combination of ingredients, the raw foods from which the dish is prepared are also shown.

UNITED STATES DEPARTMENT OF AGRICULTURE
COMMODITY CREDIT CORPORATION
Office of Supply
5 South Wabash Avenue
Chicago 3, Illinois

NOTICE

We have been notified that the recent decision to discontinue the government Industrial Feeding Program has been given further consideration. Funds have been made available to continue the program through September 30, 1945.

The monthly bulletins "Industrial Nutrition Service" and "Serving Many," as well as the Industrial Feeding Specialists' consultant service to industry will, therefore, be available upon request.

E. O. Pollock
E. O. Pollock
Regional Director
Midwest Region,

"SOMETHING YOU DIDN'T EAT"

Soon to be shown in theaters all over the United States is a new Walt Disney film entitled "Something You Didn't Eat." It tells the nutrition story of the Basic Seven Food Groups in inimitable Disney style.

The film, a ten-minute technicolor short, was produced by Walt Disney Productions in cooperation with the United States Department of Agriculture and is distributed through the War Activities Committee of the Motion Picture Industry. Commencing June 28, this intensely interesting movie will be shown in 14,000 theaters and will reach an estimated audience of 45 million people.

The Disney technique in story-telling is well known. The film is an effective means of stressing good nutrition--makes you think and decide to be more careful to eat the right foods starting with your next meal. Copies will be available for showings at industrial plants after the film has completed the commercial run.

**St. Louis Area Plans Maximum Conservation
of Victory Garden Produce**

Plans for maximum canning of victory garden produce have been formulated by the Victory Garden Council of metropolitan St. Louis.

These plans contemplate both individual and industrial projects. In the absence of gardens, they contemplate purchase of fresh fruits and vegetables as they reach retail markets and maximum use of available supplies of canning sugar to provide stocks of home and cafeteria canned foods for the fall and winter months.

The plans particularly urge industrial projects, with cooperation on a request basis. They include recruiting of instructors for teaching or directing all types of food preservation; holding pressure cooker clinics; demonstrating canning procedures, and setting up telephone assistance for people with food preservation problems.

A Suggested Industrial Cafeteria Food Counter Card--While Peaches are Plentiful

CHOOSE PEACHES

*the way you
like them*

